

09:30 - 09:55	Registration		Circle Foyer
10:00 - 10:10	Opening Welcome		Barbirolli
Session 1 10:15 - 11:00	Dr Tamara Russell	What Failing at Mindfulness Taught Me About Mindfulness for ADHD	Barbirolli
	Dr Kelly Birtwell	Mindfulness at the 'Deep End': Supporting People from Disadvantaged Communities	Circle
Session 2 11:15 - 12:00	Hycinth Taylor	Mindfulness and Healing Generational Trauma	Barbirolli
	Prof Ruth Baer	Don't Forget Your Senses: The Importance of Awareness of the External World	Circle
Session 3 12:15 - 13:00	MiSP with Esther Ghey	Peace in Mind	Barbirolli
	Kalyana Bliss	Gentle Embodiment: Trauma-Informed Mindful Movement [Practice]	Circle
Lunch Break (13:00 - 13:55)			
Session 4 14:00 - 14:45	Prof Willem Kuyken	A Life Well Lived	Barbirolli
	BAMBA	Broadening Access to Mindfulness: A View from BAMBA's EDI Task Force	Circle
Session 5 15:00 - 15:45	The Mindfulness Initiative	Innovations in Mindfulness Awards 2024	Barbirolli
15:45 - 16:00	Closing Practice		Barbirolli
16:00 - 16:30	Community / Networking		Circle
From 16:30	Social (optional), hosted by Liz Lord. A great opportunity to join Liz for a mindful walk around Manchester City Centre!		Meet at Registration Desk